



From the IIMHL and IIDL Update List

Rapid Review on Coronavirus/Covid-19 Child and Youth Covid-19 actions and resources across IIMHL countries

Issue 6 - 20th March 2020

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“Ko te ahuri o te tamati arohia o tatou mahi”

“Let the uniqueness of the child guide our work”

Maori proverb/whakatoki

In building the knowledge base in this rapid review we have found that there are many new resources and activities that focus on the wellbeing of children and youth.

We are grateful for the people from international and national agencies who have sent information to us, and hope this document is helpful for our IIMHL and IIDL members.

IIMHL Child and Youth virtual group

This Group is coordinated by Dr Bronwyn Dunnachie (Bron) and Sue Dashfield from Werry Workforce Whāraurau and has been going for more than 10 years.

As Bronwyn says:

“Recognising that we are all focused on supporting children, young people, families and our work colleagues/workforces as we all deal with the escalating impacts of COVID 19 on our communities and our countries” thus the next meeting of our group by phone is on 25th March 2020.

The topic is Covid-19 and we look forward to hearing the outcome!

International agencies

WHO

WHO poster: Helping Children Cope with stress during the coronavirus outbreak

A one-page poster

<https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf>

WHO app for Covid-19

Today, WHO is launching a messaging service with partners WhatsApp and Facebook to keep people safe from coronavirus.

<https://www.who.int/news-room/feature-stories/detail/who-health-alert-brings-covid-19-facts-to-billions-via-whatsapp>

UNESCO

How to talk to your children about coronavirus (COVID-19) Eight tips to help comfort and protect children.

1. Ask open questions and listen
2. Be honest: explain the truth in a child-friendly way
3. Show them how to protect themselves and their friends
4. Offer reassurance
5. Check if they are experiencing or spreading stigma
6. Look for the helpers
7. Look after yourself
8. Close conversations with care

<https://www.unicef.org.au/blog/news-and-insights/march-2020/how-to-talk-to-your-children-about-coronavirus>

European Centre for Disease Prevention and Control

This disease in children appears to be relatively rare and mild. A large study from China suggested that just over 2% of cases were under 18 years of age. Of these, fewer than 3% developed severe or critical disease.

Pregnant women

There is limited scientific evidence on the severity of illness in pregnant women after COVID-19 infection. That said, current evidence suggests that severity of illness among pregnant women after COVID-19 infection is similar to that in non-pregnant

adult COVID-19 cases, and there is no data that suggests infection with COVID-19 during pregnancy has a negative effect on the foetus.

At present, there is no evidence of transmission of COVID-19 from mother to baby occurring during pregnancy. ECDC will continue to monitor the emerging scientific literature on this question, and suggests that all pregnant women follow the same precautions for the prevention of COVID-19, including regular handwashing, avoiding individuals who are sick, and self-isolating in case of any symptoms, while consulting a healthcare provider by telephone for advice.

<https://www.ecdc.europa.eu/en/novel-coronavirus-china>

Save the Children



Family learning activities



Bring a Book to Life

Draw pictures of your children's favorite book characters and cut them out to make puppets. Use the puppets to act out a scene together. Bringing the story to life through dramatic play and retelling the story themselves helps children better understand character development and the storytelling process.



Create a Word Jar

While reading, new words are exciting for children! As you come across new words, write them down on a piece of paper and then flip to a children's dictionary to write their definition on the other side. Collect these new vocabulary words in a Word Jar. At dinner, pick new words and make sentences out loud together. Build on this activity by drawing pictures depicting the new word to extend learning.



Fun with Family History

Did Grandpa fight in a World War? Was Grandma born in a different country or state than you? Write a story together about an important event in your family's history. Illustrate your story and fasten it together into a book for the family library. Knowing where you came from is important to gain a strong sense of identity.



Let Your Child Be the Storyteller

Ask your child to tell you a story. It can be a new story or an old one with new twists or characters. Write down what your child says. Read it back to your child. Save the story to read it again. Let your child's imagination inspire you to come up with your own adult stories to write down and share later.



Wake Up, Word Up: Letter of the Day

Over breakfast, work together to choose a letter of the day. Everyone looks for objects that begin with that letter during the day. You may see this letter everywhere! Or, you may only notice it in a few places (yeah, we're looking at you, X!) Talk about all the things your family observed that day and marvel at the world around you.

<https://www.savethechildren.org.nz/issues-and-concerns/covid-19>

IIMHL Countries

Australia

Australian Government

Families - coronavirus (COVID-19)

Find out about your Child Care Subsidy (CCS) and Additional Child Care Subsidy (ACCS) if you're affected by coronavirus (COVID-19).

Child Care Subsidy (CC **on this page**)

- Child Care Subsidy (CCS)
- Additional Child Care Subsidy (ACCS)
- Child Support

<https://www.servicesaustralia.gov.au/individuals/subjects/affected-coronavirus-covid-19/families-coronavirus-covid-19>

Prime Minister announces closures 23rd March 2020

Pubs, clubs, gyms, cinemas and places of worship will be shut from midday on Monday, while restaurants and cafes will have to switch to takeaway only. Prime Minister Scott Morrison announced the restrictions after a national cabinet meeting.

The number of cases in Australia has risen sharply in recent days, reaching 1,315. New South Wales (NSW), home to Sydney, is the worst-affected state with 533 confirmed cases. Victoria, of which Melbourne is the capital, has 296 cases, while Queensland has 259.

The new restrictions will see many businesses close but supermarkets, petrol stations, pharmacies and home delivery services will continue running.

The prime minister said he wanted to keep schools open but parents would be able to keep their children at home if they wished to do so.

"I don't want to see our children lose an entire year of their education," he said. Some states, including Victoria, have signalled that they want to close schools.

<https://www.bbc.com/news/world-australia-51992357>

Prime Ministers Statement 22nd March 2020

<https://www.pm.gov.au/media/update-coronavirus-measures-220320>

On 15 March 2020, the Australian Government announced that all organised, non-essential mass gatherings attended by more than 500 people must be cancelled from Monday 16 March. This announcement does not recommend school closures, however, it does apply to a range of school events and events organised by school communities. From Monday 16 March 2020, the following events will be cancelled in ACT public schools:

- upcoming school or regional/ACT swimming, athletics and other sporting events, large band or other music concerts where there would be large gatherings of students
- school assemblies
- parent/teacher nights
- school open days/nights.

<https://www.health.act.gov.au/about-our-health-system/novel-coronavirus-covid-19/latest-news>

Australian Health Protection Principal Committee (AHPPC) coronavirus (COVID-19) statement on 17 March 2020

“There is currently limited information on the contribution of children to transmission of COVID-19. The WHO-China Joint Mission noted the primary role of household transmission and observed that children tended to be infected by adults in the household. In China, 2.4% of total reported cases were under the age of 19 years old. Worldwide, of those cases under 19 years of age, very few were severe or critical. This contrasts distinctly with the severity pattern observed with other respiratory viruses, where young children are particularly at risk of severe disease. Previous studies suggest that the potential reduction in community transmission from pre-emptive school closures may be offset by the care arrangements that are in place for children who are not at school. Children may require care from older carers who are more vulnerable to severe disease, or may continue to associate (and transmit infection) outside of school settings.

Broadly, the health evidence on school closures from previous respiratory epidemics shows the costs are often underestimated and the benefits are overestimated. This may be even more so in relation to COVID-19 as, unlike influenza, the impact on otherwise healthy children has been minimal to date”.

School closure is associated with considerable costs. Studies have estimated that around 15% of the total workforce and 30% of the healthcare workforce may need to take time off work to care for children. This burden will be significant and will fall disproportionately on those in casual or tenuous work circumstances.

<https://www.health.gov.au/news/australian-health-protection-principal-committee-ahppc-coronavirus-covid-19-statement-on-17-march-2020>

Department of Health

Information for schools and early childhood centres, students and their parents

https://www.health.gov.au/sites/default/files/documents/2020/03/coronavirus-covid-19-information-for-schools-and-early-childhood-centres-students-and-parents_2.pdf

Coronavirus (COVID-19) information for schools and early childhood centres, students and parents.

More information about coronavirus (COVID-19) — what it is, how it spreads, who is most at risk, and what you can do to help stop it spreading — can be found in our fact sheet, [What you need to know](#).

[Download Coronavirus \(COVID-19\) information for schools and early childhood centres, students and parents asPDF](#) - 168 KB , 2 pages

[Download Coronavirus \(COVID-19\) information for schools and early childhood centres, students and parents asWord](#) - 139 KB , 2 pages

<https://www.health.gov.au/resources/publications/coronavirus-covid-19-information-for-schools-and-early-childhood-centres>

Australian Psychological Society

Tips for talking with children about the coronavirus Children will inevitably pick up on the concerns and anxiety of others, whether this be through listening and observing what is happening at home or at school. It is important that they can speak to you about their own concerns. Answer their questions Do not be afraid to talk about the coronavirus with children. Given the extensive media coverage and the increasing number of people wearing face masks in public, it is not surprising that some children are already aware of the virus.

Providing opportunities to answer their questions in an honest and age-appropriate way can help reduce any anxiety they may be experiencing.

You can do this by:

- speaking to them about coronavirus in a calm manner
- asking them what they already know about the virus so you can clarify any misunderstandings they may have
- letting them know that it is normal to experience some anxiety when new and stressful situations arise
- giving them a sense of control by explaining what they can do to stay safe (e.g., wash their hands regularly, stay away from people who are coughing or sneezing)
- not overwhelming them with unnecessary information (e.g., death rates) as this can increase their anxiety
- reassure them that coronavirus is less common and severe in children compared to adults
- allowing regular contact (e.g., by phone) with people they may worry about, such as grandparents, to reassure them that they are okay. Talk about how they are feeling Explain to your child that it is normal to feel worried about getting sick.

Listen to your child's concerns and reassure them that you are there to help them with whatever may arise in the future. It is important to model calmness when discussing the coronavirus with children and not alarm them with any concerns you may have about it. Children will look to you for cues on how to manage their own worries so it is important to stay calm and manage your own anxieties before bringing up the subject with them and answering their questions.

<https://www.psychology.org.au/getmedia/38073179-4701-48bd-afd9-988c560ee2f9/20APS-IS-COVID-19-P1.pdf>

Aboriginal communities

Joe Martin-Jard, the chief executive of the Central Land Council - which represents Aboriginal people in central Australia - has called for "urgent and drastic action" to keep communities virus-free. The government's measures, announced on Friday, appear to be just that. Why are these communities being singled out? Put bluntly, people living there are vulnerable.

People with underlying medical conditions are known to be at greater risk from Covid-19 - and diabetes and renal failure are more prevalent among Indigenous Australians than the general population.

There are also much higher smoking rates - bad news when dealing with a respiratory condition.

"There is no way that existing medical services can cope if the virus gets into a remote community," says Indigenous rights campaigner Gerry Georgatos. "It's going to be disastrous."

Indigenous Australians already have lower life expectancy - the gap between Indigenous males and non-Indigenous males is 8.6 years, according to [the latest Closing the Gap report](#). For females, it is 7.8 years.

"An entire generation of elders could be wiped out if we allowed the virus to enter their communities," warned Mr Martin-Jard.

"The death toll even among younger family members would be far higher than for the rest of the nation."

<https://www.bbc.com/news/world-australia-51971891>

The Sector Early Education Views, News and Reviews

This website has a big range of helpful information for children and families.

Raising Children – [Coronavirus \(COVID-19\) and children in Australia](#)

Services Australia – [Families – coronavirus \(COVID-19\)](#)

Australian Childhood Foundation – [Staying connected with our children](#)

Tweddle – [Play, reassurance and mindfulness during isolation](#)

Beyond Blue – [Looking after your mental health during the coronavirus outbreak](#)

The Sector – [Is COVID 19 making children in your care anxious? 8 tips to support](#)

<https://thesector.com.au/2020/03/16/resources-for-ecec-decision-makers-on-covid-19-responses/>

Emerging Minds

Talking to children about natural disasters, traumatic events, or worries about the future

<https://vimeo.com/394049129>

Headspace

[Headspace](#) is the national youth mental health foundation. They can help young people who are going through a tough time.

<https://www.servicesaustralia.gov.au/individuals/subjects/affected-coronavirus-covid-19/other-coronavirus-covid-19-support#a2>

Lifeline

Helping children cope through COVID-19

This is an uncertain time for everyone, and children may be impacted by fear and anxiety. Here are some tips on how to ensure your children are supported;

- Give your children extra attention and reassurance. Where possible, minimise their exposure to media and social media that may heighten anxiety
- Acknowledge your own feelings about the situation and let children know it's okay to share their own feelings
- Include your children in plans and activities around the house
- If you don't see an improvement in 4 weeks, or if you're concerned, seek professional help (earlier if needed)

It is extremely important to seek out help if you feel you need it. We want to remind everyone that Lifeline is here to offer support to you and listen. Lifeline are committed to ensuring our services continue as normal during this time.

- 13 11 14 will continue to be operating 24 hours a day, 7 days a week
- Lifeline Text 0477 13 11 14 will continue to operate 6pm – midnight (AEDT), 7 nights a week
- Lifeline webchat will continue to operate 7pm – midnight (AEDT), 7 nights a week
- Kids Helpline – for children that may need support 1800 55 1800 <https://kidshelpline.com.au>
- Beyond Blue – 1300 22 4636 <https://beyondblue.org.au>

Health Direct: Childcare, school exclusions, and COVID-19

On this page:

- [Should I keep my healthy child home from school/childcare?](#)
- [Should I keep my child home from school/childcare if they have recently returned from overseas?](#)
- [Should I keep my child home if they're a close contact of a confirmed case?](#)
- [Are children at high risk of COVID-19 infection?](#)
- [Should the schools be closing due to](#)

<https://www.healthdirect.gov.au/coronavirus-covid-19-childcare-school-exclusions-faqs>

Raising Children.net.au

Key points:

- Coronavirus (COVID-19) causes cold-like and flu-like symptoms.
- If your child has symptoms and you think it might be coronavirus (COVID-19), phone the Coronavirus Health Information Line on 1800 020 080.
- Hand-washing and good hygiene can help to protect your family from coronavirus (COVID-19).

- It's a good idea to give your child the facts and tune into your child's feelings about coronavirus (COVID-19).
- Get your information about coronavirus (COVID-19) from reliable sources.

On this page:

- [About coronavirus \(COVID-19\)](#)
- [Symptoms of coronavirus \(COVID-19\)](#)
- [What to do if children have symptoms of coronavirus \(COVID-19\)](#)
- [Treatment and management of coronavirus \(COVID-19\)](#)
- [Hand-washing to prevent the spread of coronavirus \(COVID-19\)](#)
- [Personal hygiene to prevent the spread of coronavirus \(COVID-19\)](#)
- [Home hygiene to prevent the spread of coronavirus \(COVID-19\)](#)
- [Flu immunisation and coronavirus \(COVID-19\)](#)
- [Talking to children about coronavirus \(COVID-19\)](#)
- [Where to get reliable information about coronavirus \(COVID-19\)](#)

<https://raisingchildren.net.au/guides/a-z-health-reference/coronavirus-and-children-in-australia>

Australian Childhood Foundation: Poster

Staying Connected With Our Children

Now is the time to stay close to our children. They need to feel us beside them so they don't feel as worried as they are. We need to be honest with them and let them know that good people from around the world are working very hard to keep them safe and healthy. Our children will believe us, we love them deeply.

Be Honest
COVID-19 is a sickness like a cold. Some people will get it. Maybe someone in our family might get sick. We are all a little bit scared. Being scared is a sign that we are concentrating on being safe. There are really good people like doctors who know what to do. They are helping to figure it out.

Validate Their Feelings
Homes might look worried sometimes. Mums or dads get worried too, just like children. I know it can make you feel scared. But I am ok. It is ok to be feeling scared or worried or whatever you are feeling right now. You can share. But with me whenever you need to.

Acknowledge Day to Day Disruptions
Even if school and your after school activities stop for a while, they will start up again. How about we think about some ways of doing versions of these things together at home if we need to?

Remind Them
Love you and that is one thing that will never change.

Here are some ways that parents and carers can share connection, comfort and care with their children right now.

Look to History
There have been sicknesses like this before. And they have stopped. Clever people from around the world have worked them out together. The scientists are doing this right now with this one.

Remain Available
You can talk with me whenever you need to. I will answer any questions you have. If I don't know the answers, I will find out and then I will tell you.

Have fun
Share some time with your children that is just for them and let them lead the play. Let's do some things that you like to do.

Create some quiet time
Find a regular time where you can just be still with children. Stroke their hair. Watch a favourite show on TV. Listen to music together. Let them decide if they want to talk. Be present with them. Enjoy it.

Australian Childhood Foundation
childhood.org.au

https://professionals.childhood.org.au/app/uploads/2020/03/Covid.pdf?utm_medium=email&utm_campaign=PC%20Newsletter%20PC%20Resource%20-%20COVID19&utm_content=PC%20Newsletter%20PC%20Resource%20-

For over 3.5 million families with children, who may also require additional support, the Government is proposing to increase the maximum annual Canada Child Benefit (CCB) payment amounts, only for the 2019-20 benefit year, by \$300 per child. The overall increase for families receiving CCB will be approximately \$550 on average; these families will receive an extra \$300 per child as part of their May payment. In total, this measure will deliver almost \$2 billion in extra support.

Together, the proposed enhancements of the GSTC and CCB will give a single parent with two children and low to modest income nearly \$1,500 in additional short-term support.

<https://www.canada.ca/en/department-finance/economic-response-plan.html>

For schools and daycares

School and daycare measures can range from simple (like increasing distancing between desks) to more extensive (like closures).

Widespread school closures as a control measure tend to have a high economic and social cost. This is because school closures impact the many families that have one or both parents working outside of the home.

Public health measures for schools and daycare are intended to provide a safer school environment by encouraging:

- [personal protective measures](#)
- communication to teachers and parents
- regularly cleaning and disinfecting high-touch surfaces and objects like door handles, toilets and toys

The following measures are alternatives to school or day care closures.

- Restrict access to common areas.
- Divide classes into smaller groups.
- Cancel or postpone after-school events.
- Increase desk distance between students.
- Be flexible with attendance policies for students and staff.
- Students and staff who show [symptoms of COVID-19](#) should **stay at home**.
- Separate children on school busses by 2 metres where possible.
- Cancel classes that bring students together from multiple classrooms.
- Stagger the school schedule (lunch breaks and recess) to limit the number of students and children in attendance at one time.

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/being-prepared.html>

Ontario Centre of Excellence for Child & Youth Mental Health

COVID-19: Supporting a discussion with children and youth

Websites and print resources

<https://worryworkforce.org/sites/default/files/news/Ontario-Canada-COVID-19%20Supporting%20a%20discussion%20with%20children%20and%20youth.pdf>

Ontario Assn. of Children's Aid Societies

Children's Aid Societies and Indigenous Child and Family Well-Being Agencies in Ontario ARE continuing their child protection services. We are NOT closed. Although agencies across the province have modified their business practices to respond to health and safety concerns, their core protection services continue. If any member of the public or professional have a concern about the safety and/or well-being of a child or youth under 18, they should immediately contact their local Children's Aid Societies or Indigenous Child and Family Well-Being Agency.

<https://oacas.libguides.com/c.php?g=715225&p=5099410>

This agency has a wide range of support helplines for children, youth and families; and indigenous communities.

It also has a range of resources about child welfare and Covid-19; and, government announcements for child welfare.

<http://www.oacas.org/covid-19-resources/>

Information for children

<http://www.bccdc.ca/Health-Info-Site/Documents/COVID19%20QA%20for%20kids%20Feb%202020.pdf>

Video for children

<https://www.cbc.ca/kidsnews/post/watch-coronavirus-facts-versus-fiction>

The Saskatchewan government

This government is converting child-care spaces in schools into daycares for children of health-care workers responding to COVID-19.

It says priority will be given to school-age children of staff in hospitals, long-term care facilities, labs and those working at COVID-19 testing and assessment sites. The sites are to be open Monday.

<https://cfjctoday.com/2020/03/20/the-latest-developments-on-covid-19-in-canada-19/>

Montreal Children's Hospital, McGill University

Guidelines for families returning home with a diagnosis of suspected or confirmed COVID-19 infection.

Information in this pamphlet is meant to help you cope with your child's mild illness and protect those around you from contracting COVID-19.

https://muhc.ca/sites/default/files/2020-03/coronavirus/MCH-COVID-19-EN_FINAL.pdf

England

Gov.UK

COVID-19: guidance for education settings

This guidance will assist staff in addressing coronavirus (COVID-19) in educational settings. This includes childcare, schools, further and higher educational institutions. This guidance may be updated in line with the changing situation.

- staff, young people and children should stay at home if they are unwell with a new, continuous cough or a high temperature to avoid spreading infection to others. Otherwise they should attend education or work as normal
- if staff, young people or children become unwell on site with a new, continuous cough or a high temperature they should be sent home
- clean and disinfect regularly touched objects and surfaces more often than usual using your standard cleaning products
- supervise young children to ensure they wash their hands for 20 seconds more often than usual with soap and water or hand sanitiser and catch coughs and sneezes in tissues
- posters and lesson plans on general hand hygiene can be found on the [eBug website](#)
- unless you have been directly advised to close by the local Public Health England Health Protection Team, we recommend all education settings remain open.

Tools for use in childcare and educational settings

There is a dedicated helpline number for educational settings – please call 0800 046 8687 for any specific question not covered on this page.

PHE has [resource materials](#) that contain public health advice about how you can help stop the spread of viruses, like those that cause coronavirus (COVID-19), by practising good respiratory and hand hygiene. To access, download and share this information, you will need to register for an account which only takes a couple of minutes.

Use [e-Bug](#) resources to teach pupils about hygiene.

Education Scotland produces resources for the use of schools in Scotland.

<https://www.gov.uk/government/publications/guidance-to-educational-settings-about-covid-19/guidance-to-educational-settings-about-covid-19#contents>

Guidance: Closure of educational settings: information for parents and carers

Updated 20 March 2020

<https://www.gov.uk/government/publications/closure-of-educational-settings-information-for-parents-and-carers/closure-of-educational-settings-information-for-parents-and-carers>

Ofsted guidance and information relating to coronavirus (COVID-19)

This is for schools, early years, children's social care and further education and skills providers.

<https://www.gov.uk/guidance/ofsted-coronavirus-covid-19-rolling-update>

Mental Health Foundation

The Mental Health Foundation is part of the national mental health response providing support to address the mental health and psychosocial aspects of the Coronavirus outbreak, alongside colleagues at Public Health England and the Department of Health and Social Care.

Children

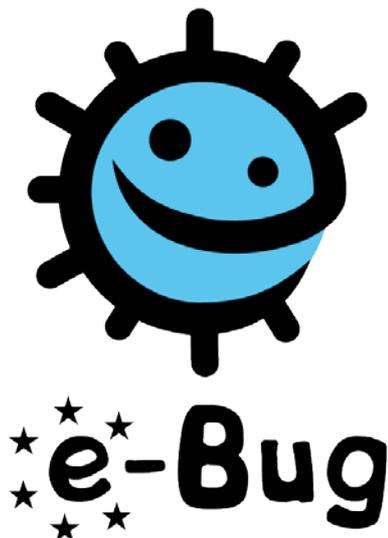
News is everywhere. In the digital age, it is no longer possible to control the news that we are exposed to, or to shield children from upsetting information.

What you can do is help to minimise the negative impact it has on your children. You can do this through open and honest conversations at home. Here are some top tips....

<https://www.mentalhealth.org.uk/publications/talking-to-your-children-scary-world-news>

Public Health England

Stop germs spreading with our fun e-bug resources



Your school can help stop germs spreading by using our range of fun lesson plans on hand washing and respiratory hygiene.

KS1: Horrid Hands
KS1: Super Sneezes
KS2: Hand Hygiene
KS2: Respiratory Hygiene
KS3: Hand Hygiene
KS3: Respiratory Hygiene

https://e-bug.eu/eng_home.aspx?cc=eng&ss=1&t=Information%20about%20the%20Coronavirus

University of Sussex and Sussex Partnership NHS Trust

How to Talk to Children about COVID-19 (coronavirus)

It's a worrying time, isn't it? At the Flourishing Families Clinic, we spend all our time thinking about how parents can raise happy, confident children, when they themselves are anxious. At the moment, you don't have to be a particularly anxious person to be feeling worried and upset. So, what have we learned about keeping children on an even keel, when you yourself are not? Here are some tips that we think might help in the current situation. We are using ourselves with our own children.

https://www.sussexpartnership.nhs.uk/sites/default/files/documents/flourishing_families_talking_to_children_about_covid-19_0.pdf

Young Minds UK

Looking after your mental health while self-isolating

<https://youngminds.org.uk/blog/looking-after-your-mental-health-while-self-isolating/>

Talking to your child about coronavirus

If your child is worried or anxious about coronavirus, here's our Parents Helpline experts' advice on 10 tips that you can do.

<https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>

Parents Guide To Support A-Z

Our A-Z gives you advice on how to help your child with specific mental health conditions, and life events which might be negatively affecting their wellbeing. We'll also show you where you can get help.

<https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/>

Anna Freud Foundation

Supporting schools & colleges A guide to supporting the mental health and wellbeing of pupils and students during periods of disruption

The Coronavirus outbreak means that communities are facing uncertainty and this can have an impact on children and young people's mental health. We have put together some general tips to support staff throughout this challenging period

<https://www.annafreud.org/media/11160/supporting-schools-and-colleges.pdf>

MIND

Resources

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/#collapseb0058>

Ireland

Government of Ireland

Few children are involved as at 18th March 2020

<https://www.gov.ie/en/publication/8eadd0-an-analysis-of-the-438-cases-of-covid-19-in-ireland-as-of-wednesday-18-m/#age-range-affected>

General information from the Health Service Executive

<https://www2.hse.ie/conditions/coronavirus/coronavirus.html>

COVID-19 Coronavirus Posters and Resources (including children)

<https://www.hse.ie/eng/services/news/newsfeatures/covid19-updates/partner-resources/>

Health Service Executive

Talking to children and young people.

Involving your children in your plans to manage this situation is important. Try to consider how they might be feeling.

Give children and young people the time and space to talk about the outbreak. Share the facts with them in a way that suits their age and temperament, without causing alarm.

Talk to your children about coronavirus but try to limit their exposure to news and social media. This is especially important for older children who may be spending more time online now. It may be causing anxiety.

<https://www2.hse.ie/wellbeing/mental-health/minding-your-mental-health-during-the-coronavirus-outbreak.html>

Children and coronavirus

Encourage your child to [wash their hands](#) regularly and properly.

Caring for a child or someone else in self-isolation

<https://www2.hse.ie/conditions/coronavirus/self-isolation-and-limited-social-interaction.html#caring-for>

Coughs, colds & viral infection in children

<https://www2.hse.ie/conditions/child-health/colds-coughs-and-viral-infections-in-children.html>

Read this for information on how to care for a child in self-isolation.

<https://www2.hse.ie/conditions/coronavirus/self-isolation-and-limited-social-interaction.html#caring-for>

Posters, leaflets and social media assets

15 posters re Covid-19

<https://www.hse.ie/eng/services/news/newsfeatures/covid19-updates/partner-resources/>

National Mental Health Services

Laura Molloy - Service Improvement Lead and IIMHL Liaison

Checklists for mental health services:

Checklist for High Support Community Residence/Hostels and POLL Services Covid-19

<https://www.iimhl.com/files/docs/20200323a.pdf>

Checklist for Adult Approved Acute Centres (AAAC)

<https://www.iimhl.com/files/docs/20200323b.pdf>

Checklist: Low and Medium Support Community Residences/Hostels

<https://www.iimhl.com/files/docs/20200323c.pdf>

Guidance on the use of National Early Warning Score (NEWS) in Acute Mental Health Services

Clinical Investigations supporting COVID-19

Throat and nose swab virology are the commonest form of diagnosis. Where there is a high clinical index of suspicion for COVID- 19 (e.g. during facility outbreak), non-detectable viral load through nose / throat swab does not exclude possibility of COVID -19 infection

- On confirmation of a positive diagnosis of COVID - 19 further investigations may be considered appropriate to assist with management. E.g. FBC, UEC, LFTs, CXR
- Investigations to out rule underlying non-COVID-19 related conditions may be appropriate
- Clinical discretion and judgement should be used regarding further investigation and in particular in identifying whether same will alter overall patient management and risks posed by transfer to and from acute hospital facilities for same.

More...

Department for Health and Department for Education and Skills

Information for children as at 13th March 2020.

- [1. School/Creche Closures](#)
- [2. Childcare](#)
- [3. Playdates, Playing Outside and Playgrounds](#)
- [4. Cleaning the Home](#)
- [5. Explaining COVID-19 \(Coronavirus\) to Children](#)
- [6. Children with Underlying Health Conditions](#)

<https://www.gov.ie/en/publication/178c07-covid-19-coronavirus-health-advice-for-children/>

New Zealand

Ministry of Health

Taking care of children

There may be children or young people in your life who experience distress. As a trusted adult, you can help reassure and educate them about COVID-19 – it can be good to talk to them now, so they can understand the illness and be reassured. If you feel the child or young person is getting distressed through this conversation, reassure them and end it.

Children react to stress differently than adults – they may withdraw or behave in a more ‘babyish’ way, seem anxious or clingy, be preoccupied with illness in their play or drawing, have problems sleeping or nightmares, or may get physical symptoms such as stomach aches or headaches. Here are some tips for supporting children and young people:

1. **Reassure** them they are safe.
2. **Encourage** them to talk about how they feel.
3. **Tell them they can ask questions** and answer these in plain language appropriate to their age – be honest, but avoid details which may distress or cause anxiety.
4. **Tell them that feeling upset or afraid is normal**, that it’s good to talk about it and that they’ll feel better soon.
5. **Be understanding** – they may have problems sleeping, throw tantrums or wet the bed – be patient and reassuring if this happens. With support and care, it will pass.
6. **Give your children extra love and attention.**

7. **Remember that children look to their parents to feel safe and to know how to respond** – reassure them, share that you are upset too but that you know you will all be fine together.
8. **Try to keep to normal routines** – mealtimes, bedtimes etc. – allow them to get out and play, to go to the park etc.

However, if a child's distress is escalating or they are displaying any worrying behaviours (such as extreme withdrawal, terror that you cannot comfort them from etc.), seek help early.

<https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-novel-coronavirus-health-advice-general-public/covid-19-taking-care-your-mental-wellbeing>

Unite Against Covid-19

The New Zealand Ministry of Health has a new website for Covid-19 information

https://covid19.govt.nz/?gclid=CjwKCAjwsMzzBRACEiwAx4ILG5Mh6iGINFerbQ67QKapPxGOgbAGOHPxFourYLJgMfeUP8GLCWm-2xoCCxcQAvD_BwE

Prime Minister Jacinda Adern

Children's Press Conference

New Zealand's prime minister has held a special press conference on 19th March 2020 just for children, saying the young need extra help understanding the global coronavirus pandemic.

Sitting next to [Jacinda Ardern](#) was scientist Dr Michelle Dickinson – who specialises in science communication for kids – and Dr Siouxsie Wiles, who many New Zealanders have come to rely on for calm, practical advice during the crisis.

“Kids ask a lot of questions most of the time, and right now they understandably have plenty about Covid-19,” Ardern posted on Instagram.

“That's why we put on a press conference just for children and their questions.”
“I hope it will be a useful resource to help answer some of the questions from the young people in your life.”

https://www.theguardian.com/world/2020/mar/19/jacinda-ardern-holds-special-coronavirus-press-conference-for-children?CMP=Share_iOSApp_Other&fbclid=IwAR0YR1ZD0w3FWXV8Sd9kJTc7-Zo6FB20hAcVzOXKX7yODzR_BQbUDSkzQwA

Ministry of Health: Nationwide alert system for COVID-19

21 March 2020

The Prime Minister has introduced a nationwide alert system for Covid-19.

Poster showing alert levels:

https://covid19.govt.nz/assets/COVID_Alert-levels_v2.pdf

COVID Alert levels

We are at alert level 3 (as at 23rd March 2020).

Read more about the tool

The best defence continues to be good hygiene practice and physical distancing.

The most up to date advice is available from the Ministry of Health.

<https://covid19.govt.nz/government-actions/covid-19-alert-system/>

Ministry of Education

Talking to children about COVID-19 (novel coronavirus)

Guidance for parents, caregivers, whānau and teachers.

- Help children cope with anxiety by providing accurate information
- Children look to adults for guidance on how to react to stressful events such as COVID-19. Parents, caregivers, whānau and teachers will have a particularly important part to play in reassuring children at this time.
- Children will react to and follow your verbal and non-verbal cues. If you are able to stay informed and realistic, it will be easier for you to reassure children effectively as well.
- Children need factual, age-appropriate information about COVID-19 so that they can also feel informed and in control. They need to know how they can play a part in avoiding infection and the spread of virus.

Excellent video for children <https://youtu.be/OPsY-jLqaXM>

<https://education.govt.nz/school/health-safety-and-wellbeing/pastoral-care-and-wellbeing/talking-to-children-about-covid-19-coronavirus/>

Information for schools and pupils

<https://education.govt.nz/novel-coronavirus-2019-ncov-3/>

Werry Workforce Whāraurau

Werry Workforce Whāraurau is a national workforce centre funded by the Ministry of Health to deliver a number of workforce development initiatives for the Infant, Child & Adolescent Mental Health and/or Alcohol and Other Drugs (ICAMH/AOD) sector.

Mindheart graphics

This free book has a great set of diagrams to help children understand about Covid-19.

https://660919d3-b85b-43c3-a3ad-3de6a9d37099.filesusr.com/ugd/64c685_319c5acf38d34604b537ac9fae37fc80.pdf

Mental Health Foundation of NZ

Should I talk to my tamariki/children about Covid-19?

Yes, absolutely talk to them but don't overdo it. Kids know there's something big going on, and they're likely to pick up on grown-up tensions, fear, stress and anxiety. That's okay!

- Ask them what they know and if they have any worries. Some kids, for example, might have heard the virus affects older people more severely and may be worried about their grandparents. Don't suggest this to them but let them bring it up if they're concerned.
- Let them ask questions and answer what you can, but don't give too much information. Don't just have the kōrero once – keep checking in with them about how they're feeling.
- Validate their feelings – it's okay if they're scared, angry, lonely or worried. Let them know these feelings are normal and thank them for chatting with you about their feelings.
- Work with your tamariki on solutions that will help them get through – what would make them feel safe and happy? What activities would they like to do at home with you or by themselves?
- Keep the news off the telly or the radio when they're around.
- Make sure they know why changes are happening – why they need to wash their hands more often, why they might need to stay at home or not go to school – and point out to them that these are good things that keep them and everyone else safe and well.
- Reassure them the people they love are doing everything they can to stay safe and you'll get through this as a whānau.
- Find activities you can do with them that support their wellbeing. Help them [discover their strengths](#), do some [tummy breathing](#) or create [a sensory kete/box](#).

Learn more about [how to keep kids calm](#), how to [help kids manage worries](#), how to [help your kids with differences and diagnoses](#) and other ways to support our tamariki on the [Sparklers website](#).

<https://www.mentalhealth.org.nz/get-help/covid-19/faqs/>

HELPLINES

- [1737](#) – Free call or text 1737 any time for support from a trained counsellor.
- [Lifeline](#) – 0800 543 354 or free text 4357 (HELP)
- [Youthline](#) – 0800 376 633 or free text 234
- [Samaritans](#) – 0800 726 666

<https://www.mentalhealth.org.nz/get-help/covid-19/>

Anxiety NZ

Poster

https://f025c3fe-f412-47be-b97a-f7f215987590.usrfiles.com/ugd/2574a2_fc3306a3c98f4d3b87a19ff6066ba41e.pdf

General information

<https://www.anxiety.org.nz/support-us>

Maori Council

Covid 19 coronavirus: Government to spend \$56 million on supporting Māori communities and businesses

22 Mar, 2020 10:32am

The Government has earmarked more than \$56 million to support Māori communities and businesses feeling the economic impacts of the Covid-19 pandemic.

The bulk of that funding, some \$30 million, has been made available for targeted health funding for Māori.

A further \$10 million is for whanau Māori community outreach and \$15 million will go towards Whānau Ora to reach into Māori communities.

https://www.nzherald.co.nz/nz/news/article.cfm?c_id=1&objectid=12318791

Te Rau Ora

Māori Communities and Māori Providers : # Poised and Ready!

“We are hearing awesome leadership and practical examples emerge from whānau, hapū, Iwi and Māori providers supporting Māori communities in their local responses to COVID-19.

We know the mantra from health officials around COVID-19 whānau is frequent handwashing, increased physical distancing and self-isolating as soon as any symptoms occur.

We also know that we have had to adapt our cultural practices, to preserve our tikanga and redefine the way we express manaaki.

We are interested in hearing from you - our networks, colleagues and Māori provider leaders how you are getting on in the response to COVID 19. We are thinking of you all!”

From Dr Maria Baker CEO, Te Rau Ora

Maori Council

Guidance for Maori and Maori Community Organisations

NZ Maori Council issues comprehensive guidance on COVID-19 covering hui, tangi, gatherings and much more:

March 18, 2020

NZ Maori Council issues comprehensive guidance on COVID-19 covering hui, tangi, gatherings and much more:

The New Zealand Maori Council has today issued guidance for the Te Ao Maori world when it comes to responding to COVID-19 or Corona Virus. The New Zealand Maori Councils Executive Director, Matthew Tukaki, said that the guidance covers everything from the holding of Hui to Tangi, religious services, the workplace and more. Tukaki also indicated that this would be the first iteration and the guidance would be continually updated as events unfold:

“It is fundamentally important that our people are kept fully informed. That is why we have developed this guidance and a new site where resources can be downloaded and so on @ <https://www.maorieverywhere.com/covid19>” Tukaki said. More.....
https://3eed937d-1bf1-4c32-9c59-a6aaed9db82d.filesusr.com/ugd/510294_8b4474b0f5cb4f4f82992e1205273e48.pdf

Protect your self – poster in Maori language/Te Reo

https://www.health.govt.nz/system/files/documents/pages/protect_yourself_against_coronavirus-poster-tereo-18mar20.pdf

For Pasifika peoples

Le Va

Mental wealth

https://mentalwealth.nz/?utm_source=GPS2020&utm_campaign=6b1ab446f4-e-news-August2019_COPY_01&utm_medium=email&utm_term=0_66944bcea5-6b1ab446f4-48494173

Tangata Pacifika

Covid-19 key messages translated into nine Pacific languages

<https://tpplus.co.nz/community/covid-19-key-messages-translated-into-nine-pacific-languages/>

Covid-19 Update

<https://www.mpp.govt.nz/news-and-stories/covid-19-novel-coronavirus-update/>

Other languages

<https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-information-other-languages>

Scotland

Scottish Government

Nicola Sturgeon video

'Health, love and solidarity'

And she addressed grandparents and children directly in a moving message.

"To older people - we are asking you to stay away from your grandkids, from the people you love," she said. "That's hard.

"But it is for your protection - so you can stay around to see them grow up.

"To children - I know this is a strange time. You're away from school, and won't be able to spend as much time with friends.

"The adults around you are probably feeling a bit anxious too. So help them. Follow their advice. Study and do your homework. But don't forget to have fun. And wash your hands."

The number of positive cases in Scotland has risen to 322, a rise of 56 from Thursday. The number of deaths remains at six.

Ms Sturgeon added: "This crisis is reminding us just how fragile our world is. But it is also reminding us what really matters - health, love, solidarity.

"With compassion and kindness - and with the dedication and expertise of our NHS - we can and we will get through this."

<https://www.bbc.com/news/uk-scotland-51974969>

Coronavirus guidance for parents and families

Scottish Government - Guidance available on Parent Club to help with impact of Covid-19

Advice for parents and carers on managing the impact of Covid-19 on their child's learning and family life is now available.

Following school closures, a new hub of information has been created on parentclub.scot covering health information, advice on how to talk about Covid-19 and ideas on helping children through this time.

In addition; councils and headteachers can also advise parents and carers on the continued provision of education and childcare for key workers.

Deputy First Minister John Swinney said:

“This is the biggest challenge of our lives and my priority is to ensure the health and wellbeing of children and young people, and as far as possible, to minimise disruption to learning.

“My message for parents and carers is clear - you are not alone and we are here to help you. We do not expect you to be teachers or set up a classroom, but there are ways you can support your child or children at home which will help their continued wellbeing and learning.

“Our Parent Club website offers valuable tips for families on managing the impact of Covid-19 and ways to support children through this uncertain period. I would also highlight the excellent advice already provided by many organisations like Young Scot or Children 1st that talk directly to young people about their concerns.”

<https://www.gov.scot/news/supporting-parents-and-families/>

Education

Schools may be shut until summer

<https://www.bbc.com/news/uk-scotland-51947670>

Coronavirus - school and ELC closures: guidance on critical childcare and learning provision for key workers

This guidance sets out what childcare and learning provision we expect to be made available to key workers during closures of school and early learning and childcare (ELC) settings to deal with the coronavirus outbreak.

Closure of school and ELC settings is an important part of our efforts to control the spread of COVID-19. We have asked local authorities to keep opening of physical settings to the minimum required.

Are all schools and ELC settings closing?

To help slow the spread of coronavirus, we have decided that:

- all schools; and
- all local authority early learning and childcare settings

should close to children and young people with effect from 1700 on Friday 20 March 2020, with the exception of any **critical provision** to protect some key groups or activities.....

<https://www.gov.scot/publications/coronavirus---school-and-elc-closures-guidance-on-critical-childcare-provision-for-key-workers/>

Getting it right for every child (GIRFEC) resources relating to wellbeing

Information below will have application for Covid-19

Wellbeing sits at the heart of the [GIRFEC](#) approach and reflects the need to tailor the support and help that children, young people and their parents are offered. To help make sure everyone – children, young people, parents, and the services that support them – has a common understanding of what wellbeing means, we describe it in terms of eight indicators.

Here are 4 of them:

1 The wheel of wellbeing

<https://www.gov.scot/binaries/content/documents/govscot/publications/factsheet/2017/08/shanarri/documents/wellbeing-wheel/0196c17f-cca4-46a6-8d44-c6cddc378982/0196c17f-cca4-46a6-8d44-c6cddc378982/govscot%3Adocument/SHANARRI%2B-%2BWellbeing%2Bwheel%2B-%2Bsimple%2Btext.pdf>

2 My world triangle

<https://www.gov.scot/binaries/content/documents/govscot/publications/factsheet/2017/08/shanarri/documents/my-world-triangle/576e22ba-314a-4c4a-add2-b752a9b80f69/576e22ba-314a-4c4a-add2-b752a9b80f69/govscot%3Adocument/SHANARRI%2B-%2BMy%2Bworld%2Btriangle.pdf>

3 Resilience matrix

<https://www.gov.scot/binaries/content/documents/govscot/publications/factsheet/2017/08/shanarri/documents/resilience-matrix/c48ec63a-cea4-48d7-a5c0-b918ed155502/c48ec63a-cea4-48d7-a5c0-b918ed155502/govscot%3Adocument/SHANARRI%2B-%2BResilience%2Bmatrix.pdf>

4 Child at the centre

<https://www.gov.scot/binaries/content/documents/govscot/publications/factsheet/2017/08/shanarri/documents/child-network-of-support/de320d39-9521-4d7b-8fd6-aae7afd3b052/de320d39-9521-4d7b-8fd6-aae7afd3b052/govscot%3Adocument/SHANARRI%2B-%2BChild%2Bat%2Bthe%2Bcentre%2B%2528Spiral%2529.pdf>

The Netherlands

Government of the Netherlands

Measures as at 12th March 2020 based on the advice of the National Institute for Public Health and the Environment (RIVM).

- For everyone in the Netherlands: stay at home if you have a cold, a cough, a sore throat or a fever. Avoid contact with others (social distancing). Only call your doctor if your symptoms worsen.
- Gatherings of more than 100 people are to be cancelled throughout the Netherlands. This includes the closure of public places such as museums, concert

venues, theatres, sports clubs and the cancellation of sports matches and other events.

- People throughout the Netherlands are encouraged to work from home or stagger their working times if possible.
- For vulnerable people (the elderly and those with weakened immune systems): avoid large gatherings and public transport. People in general are urged to limit visits to vulnerable persons.
- For healthcare workers and staff in other crucial sectors: a lot is being asked of you. You should stay at home only if you have symptoms including a fever. If necessary, consult with your employer. Please do not travel abroad.
- Universities and institutions of higher professional education (HBO) are requested to offer online lectures instead of large-scale lectures.
- Primary schools, secondary schools, secondary vocational schools (MBO) and childcare centres will remain open as usual. There have been only few infections there and these environments are less international. Children and young people are not high-risk groups. Closing schools would have a major impact on society without contributing significantly to reducing the spread of coronavirus. Children who have symptoms of a cold should stay at home.

Important: these measures apply until 31 March 2020 (inclusive) throughout the Netherlands, including in North Brabant.

<https://www.government.nl/latest/news/2020/03/12/new-measures-to-stop-spread-of-coronavirus-in-the-netherlands>

Poster

<https://www.government.nl/latest/news/2020/03/12/new-measures-to-stop-spread-of-coronavirus-in-the-netherlands>

National Institute for Public Health and the Environment *Ministry of Health, Welfare and Sport*

Questions about the coronavirus? Please contact us on 0800-1351.

<https://www.rivm.nl/coronavirus/covid-19>

Based on age-specific incidence data, the risk of COVID-19 is significantly lower in children. In addition, virtually no serious outcomes are reported in the data from China for persons under 19 years of age (China CDC , Guan).

<https://lci.rivm.nl/richtlijnen/covid-19>

COVID-19: NVK position: The coronavirus (COVID-19) and children

Children can spread the virus

In children, we are less concerned with an infection of the coronavirus. It is true that they can spread the virus to older people, who are more susceptible to this virus and can become (seriously) ill. To prevent further spread of the virus and thus protect older people, isolation of children with respiratory complaints is necessary.

Since March 12, the advice from the government is to keep your child (and yourself) with a cold, sore throat or cough at home.

How sick can children of the coronavirus get?

The corona virus is a new virus, we have yet to learn from this. This means that parents of children with chronic illness are asked to be vigilant and to make a low-threshold choice for telephone consultation with the attending physician. The coronavirus generally has few symptoms in children. Of all people diagnosed with the coronavirus, 0.9 percent were between 0 and 10 years old and 1.2 percent between 10 and 19 years old (reference date February 2020). Similar numbers come from the Italian paediatricians. They indicate that children are actually hardly sick. Most infected children have no symptoms. Some have a fever, a dry cough or fatigue or abdominal discomfort. Admission is rarely required and the prognosis is good with full recovery within a few days to 2 weeks.

<https://www.nvk.nl/Nieuws/articleType/ArticleView/articleId/2431/NVK-standpunt-Het-coronavirus-COVID-19-en-kinderen>

Pregnancy

I am pregnant and expect to give birth soon. What about the risk to my baby?

Dutch gynaecologists, paediatricians and obstetricians have taken the following position:

At this time, there is no evidence that infection with COVID-19 in pregnant women is different from that in the general population. Because there is not yet much data available about pregnant women and their children, the NVOG, KNOV, NVK and RIVM have decided to follow the RCOG guideline. [You can find the current guideline here.](#)

For more information, please refer to the documents below:

- [News release NVOG: position NVK, NVOG, KNOV \(11-03-2020\)](#)
- [Frequently asked questions from pregnant women about COVID-19](#)
- [Flowchart COVID-19 \(version March 15, 2020\)](#)
- [Coronavirus \(COVID-19\) infection and pregnancy \(version March 13, 2020\)](#)
- [Policy Neonate in pregnant women with suspicion COVID-19 \(version March 18, 2020\)](#)

<https://www.nvk.nl/Nieuws/articleType/ArticleView/articleId/2426/COVID-19-en-zwangerschap>

Children and treatment

COVID-19: Q&A Excerpt only as at 20th March 2020

- **Q: How do we examine children who have a cough and fever?**
- **A:** This is what RIVM says about it: Your employer must determine whether there is an increased risk of infection in consultation with the occupational health and safety service. This could include activities such as the sampling of a potentially

infected patient by healthcare personnel or activities in a laboratory. In these situations, the use of mouth masks and / or other personal protective measures is recommended as a precaution. It is currently stated that all patients with severe complaints of coughing or shortness of breath and fever can be considered as potentially infected (therefore also without an epidemiological link). This also includes children who present themselves as such at an emergency room. Our advice: wear a mouth mask and gloves when handling. But in fact, their own hospital must provide guidelines for this.

- **Q: Do we keep children who have a cough and fever in a separate room?**
- A: Our advice is to isolate these children as much as possible, but the following also applies: your own hospital should draw up a guideline for this. This also depends on the local situation (how is the emergency room set up, for example?).
- **Q: Do we have to disinfect the examination room after every coughing patient?**
- A: We don't read about that and it seems to us unworkable in practice. You do not immediately know whether a patient is positive. Our advice: check whether your own hospital already has a guideline for this.
- **Q: Should our family use extra vitamin C?**
- A: There is no evidence that using extra vitamin C has a protective or suppressive effect.
- **Q: Reports are circulating warning of the use of NSAIDs (ibuprofen, nurofen, naproxen, diclofenac) in the treatment of COVID-19. Should NSAIDs indeed be avoided?**
- A: There are indications that ibuprofen reduces virus clearance, but for the time being it is only about hypotheses. There are no clinical data to support this. Ibuprofen has a worse side effect profile than paracetamol (in therapeutic doses), such as stomach bleeding and renal failure, especially in patients at risk such as the elderly and those with polypharmacy. Our advice is to use the NVK guideline Fever in the second line in children aged 0-16 years (see tab Therapy, use of antipyretics). Do not give medication for fever only, only for fever pain. Step 1: give nothing; step 2: paracetamol; alternative: consider ibuprofen, but wonder why. If paracetamol is no longer available, go back to step 1 unless you want to treat pain. In principle, do not give paracetamol and ibuprofen at the same time with a fever, there is also no added value for alternating paracetamol and ibuprofen.

<https://www.nvk.nl/Nieuws/articleType/ArticleView/articleId/2437/COVID-19-QA>

Pharos Information in diagrams

General information about how to manage the virus.

<https://www.pharos.nl/coronavirus/>

Information about Education

<https://www.rijksoverheid.nl/onderwerpen/coronavirus-covid-19/veelgestelde-vragen-over-coronavirus-en-het-onderwijs>

Sweden

Government Offices of Sweden

The Public Health Agency of Sweden as at 22nd March 2020

General information about Covid-19

Are children affected by Covid-19?

Children represent only a small proportion of the reported cases of COVID-19. Studies suggest that infected children develop very mild symptoms. There is currently very limited knowledge about to what extent COVID-19 spreads between children, and there are no reports about extensive transmission within groups of children.

Even if they have mild symptoms, children can pass the infection to others (just like adults with mild symptoms). Therefore, it is important that children with fever or cold do not meet elderly people or people with immune system problems.

New knowledge is added every day, and we monitor the situation closely to be able to give accurate advice.

[BRIS](#) (Children's Rights in Society, in Swedish) and the [WHO](#) have published support on how to support children in matters related to COVID-19.

<https://www.folkhalsomyndigheten.se/the-public-health-agency-of-sweden/communicable-disease-control/covid-19/>

KRIS Emergency Information from Swedish Authorities

The risk of the coronavirus spreading in Sweden is considered to be very high. The Public Health Agency of Sweden (Folkhälsomyndigheten) advises all those with symptoms to avoid social contact to reduce the risk of infecting others. The Ministry for Foreign Affairs (UD) advises against any non-essential travels to all countries. Below you can find information about the virus, spreading and management of the outbreak.

<https://www.krisinformation.se/en/hazards-and-risks/disasters-and-incidents/2020/official-information-on-the-new-coronavirus>

BRIS for children and young people

This is a children's right agency and has good information about children for parents and others.

The most important thing you can do as an adult is to secure, calm and strengthen your child's sense of control. To do that, you need to find out what exactly your child knows and needs.

<https://www.bris.se/for-vuxna-om-barn/just-nu/att-prata-med-barn-om-corona-viruset/>

US

The Senate passed, 90-8, and President Trump signed, on March 18, [*H.R. 6201, the Families First Coronavirus Act*](#), which will pay for free COVID-19 virus testing and provide paid family and sick leave to workers at companies with fewer than 500 employees and public agencies, while also increasing the Federal Medicaid match rate by 6.2 percentage points.

<https://www.congress.gov/116/bills/hr6201/BILLS-116hr6201enr.pdf>

CDC

Guidance for Schools and Childcare Programs

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/index.html>

Talking with children about Coronavirus Disease 2019: Messages for parents, school staff, and others working with children

As public conversations around coronavirus disease 2019 (COVID-19) increase, children may worry about themselves, their family, and friends getting ill with COVID-19. Parents, family members, school staff, and other trusted adults can play an important role in helping children make sense of what they hear in a way that is honest, accurate, and minimizes anxiety or fear. CDC has created guidance to help adults have conversations with children about COVID-19 and ways they can avoid getting and spreading the disease.

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>

Helping Children Cope with Emergencies

<https://www.cdc.gov/childrenindisasters/helping-children-cope.html>

Resources for Supporting Children’s Emotional Well-being during the COVID-19 Pandemic

Amidst the COVID-19 outbreak, everyday life has changed and will continue to change for most people in the United States, often with little notice. Children may struggle with significant adjustments to their routines (e.g., [schools and child care closures](#), [social distancing](#), home confinement), which may interfere with their sense of [structure, predictability, and security](#). Young people—even infants and toddlers—are keen observers of people and environments, and they notice and react to stress in their parents and other caregivers, peers, and community members. They may ask direct questions about what is happening now or what will happen in the future and may behave differently in reaction to strong feelings (e.g., fear, worry, sadness, anger) about the pandemic and related conditions. Children also may worry about their own safety and the safety of their loved ones, how they will get their basic needs met (e.g., food, shelter, clothing), and uncertainties for the future.....

<https://www.childtrends.org/publications/resources-for-supporting-childrens-emotional-well-being-during-the-covid-19-pandemic>

Alliance for Early Success- Advancing state policies for children

LATEST COVID-19 ACTIONS BY STATE

Our allies in states across the country are sharing regular updates on their states' responses to the COVID-19 emergency. We are compiling these strategies and resources here, and are updating the list frequently. Note that posts are part of our ongoing work to connect advocates to each other, so shares aren't necessarily policy endorsements.

<http://earlysuccess.org/resources/coronavirus>

Center for the Developing Child – Harvard

“Acting on the best available and most credible scientific knowledge has never been more essential, yet science by itself does not have all the answers. Coming from two very different areas of research, the most highly relevant science-based messages are urging **both supportive relationships and social distancing** as critical priorities. Prolonged physical separation is absolutely necessary to slow down the progression of a pandemic; **responsive social interaction** is essential for strengthening **resilience** in the face of adversity”

Dr Jack Shonkoff Harvard Center for the Developing Child

<https://mailchi.mp/harvard/the-center-on-the-developing-child-statement-separating-families-647053?e=84de2d9b3e>

Child Care

- [ChildCare Aware of America: Coronavirus Updates and Resources for Child Care Providers and CCR&Rs](#)
- [U.S. Department of Health and Human Services: Office of Child Care COVID-19 Resources](#)

<https://developingchild.harvard.edu/stress-resilience-and-the-role-of-science-responding-to-the-coronavirus-pandemic/>

Center for the Study of Traumatic Stress

Helping Homebound Children during the COVID-19 Outbreak

https://www.cstsonline.org/assets/media/documents/CSTS_FS_Helping_Homebound_Children_during_COVID19_Outbreak.pdf

National Assn of School Psychologists and National Assn of School Nurses

Talking to Children About COVID-19 (Coronavirus) A Parent Resource

https://higherlogicdownload.s3.amazonaws.com/NASN/3870c72d-fff9-4ed7-833f-215de278d256/UploadedImages/PDFs/02292020_NASP_NASN_COVID-19_parent_handout.pdf

Child Mind Institute

Talking to Kids About the Coronavirus Kids worry more when they're kept in the dark

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

Supporting Kids During the Coronavirus Crisis Tips for nurturing and protecting children at home

https://childmind.org/article/supporting-kids-during-the-covid-19-crisis/?utm_source=newsletter&utm_medium=email&utm_content=%20Parents%20Guide%20to%20Problem%20Behavior&utm_campaign=Weekly-03-16-20

How to Avoid Passing Anxiety on to Your Kids Help yourself, and them, by learning techniques to manage stress in a healthy way

https://childmind.org/article/how-to-avoid-passing-anxiety-on-to-your-kids/?utm_source=newsletter&utm_medium=email&utm_content=%20Parents%20Guide%20to%20Problem%20Behavior&utm_campaign=Weekly-03-16-20

The American Academy of Experts in Traumatic Stress

Helping Children Cope Emotionally with the Coronavirus (COVID-19)

Brad Lindell, Ph.D.

President, American Academy of Experts in Traumatic Stress

<https://www.aaets.org/helping-children-cope-emotionally-with-coronavirus>

Best Day Yet: Affirmations For Kids

May I Be Safe (Hand Washing Song) 🙌❤️MARCH 14, 2020

<https://bestdayyet.buzzsprout.com/282024/3007519-may-all-be-safe-hand-washing-song>

Child Trends

While the Centers for Disease Control and Prevention (CDC) currently reports that the risk of exposure to COVID-19 is [low for young Americans](#), [research on natural disasters makes it clear that](#), compared to adults, children are more vulnerable to the emotional impact of traumatic events that disrupt their daily lives. This resource offers information on supporting and protecting children's emotional well-being as this public health crisis unfolds.

Amidst the COVID-19 outbreak, everyday life has changed and will continue to change for most people in the United States, often with little notice. Children may struggle with significant adjustments to their routines (e.g., [schools and child care closures](#), [social distancing](#), home confinement), which may interfere with their sense of [structure, predictability, and security](#). Young people—even infants and toddlers—are keen observers of people and environments, and they notice and react to stress in their parents and other caregivers, peers, and community members. They may ask direct questions about what is happening now or what will happen in the future

and may behave differently in reaction to strong feelings (e.g., fear, worry, sadness, anger) about the pandemic and related conditions. Children also may worry about their own safety and the safety of their loved ones, how they will get their basic needs met (e.g., food, shelter, clothing), and uncertainties for the future....

Recommendations to support and protect children's emotional well-being during the pandemic:

Comic

<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>

For parents

<https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus>

<https://www.childtrends.org/publications/resources-for-supporting-childrens-emotional-well-being-during-the-covid-19-pandemic>

Previous Covid-19 e-bulletins:

- No. 1 <https://www.iimhl.com/files/docs/IIMHL-Updates/20200210.pdf> (10.2.20)
- No. 2 <https://www.iimhl.com/files/docs/IIMHL-Updates/20200313.pdf> (13.3.20)
- No. 3 <https://www.iimhl.com/files/docs/IIMHL-Updates/20200317.pdf> (16.3.20)
- No. 4 <https://www.iimhl.com/files/docs/IIMHL-Updates/20200318.pdf> (18.3.20)
- No. 5 <https://www.iimhl.com/files/docs/IIMHL-Updates/20200319.pdf> (18.3.20)